



Take a moment to complete the survey below by Friday, February 2, 2007

1. Did you "snack smart" last week by doing a "hunger check" and limiting snacks to 100-150 calories?

☐ Yes

☐ No

2. Did you burn an extra 250 calories per day last week by taking the stairs?

☐ Yes

☐ No

☐ No, but I burned an extra 250 calories per day anyway

3. Current Weight (previous answer below, if applicable)

[]

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

The Challenge - Week 3

It's week 3 of the 10 in 10 Challenge. This is the week many will find most challenging to maintain their goals. Do your best though to stick with the healthier habits you are in the process of developing for life. For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks e-mails from inshape.in.gov at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Scroll down to find this week's nutrition and physical activity challenge and get started today!**



Visit us on the web at inshape.in.gov



Weekly Nutrition Challenge #3

Eat a Healthy Breakfast – Each morning this week, take a minute to assess your hunger and plan your breakfast accordingly. When planning your meal, include a serving of food from at least 3 of the food groups (protein, dairy, fruits and vegetables, and whole grains). If you are not immediately hungry, you may choose to wait an hour or so before eating.

We've all heard that breakfast is the most important meal of the day. Studies show that people who regularly eat breakfast are more likely to get all their daily nutrients, less likely to have high cholesterol levels, and less likely to have weight problems. They are also better able to concentrate and are more productive in the morning. Despite its benefits, it is possibly the most neglected meal of the day. Some

individuals express not feeling hungry first thing in the morning or they may feel too rushed to eat. If either of these reasons describes you, consider having something light first thing in the morning – a glass of low fat milk or 100% fruit juice, a piece of fruit, or a slice of toast. Later, possibly mid-morning, have a nutritious snack – peanut butter on whole grain bread, a hard boiled egg, cheese, yogurt, or instant oatmeal. Regularly eating breakfast is just one more step to a healthier you!

Weekly Physical Activity Challenge #3

Pump some iron - Most people can burn approximately 250 calories through 50 minutes of light or moderate weight lifting. Each day this week, grab some hand weights and lift!

This week find some basic hand weights. They are inexpensive to purchase at a store, or you can create your own by using cans of soup or by filling empty milk jugs with water. You may also visit a local fitness center where a large variety of weight lifting equipment can be found. Choose small weights to begin and use smooth and controlled motions. Weightlifting can be done alone while watching television or it can be added to existing aerobic activities such as walking to burn calories even faster. Curl, press, and lift your way to 1 pound of weight loss this week.



Lifting weights is beneficial for a variety of reasons and is an important part of your physical activity routine. Lifting weights:

- Increases muscle mass allowing your body to burn more calories throughout the rest of your day. Even in your sleep!
- Strengthens muscles allowing you to take on greater challenges
- Strengthens joints to reduce pain
- Strengthens bones which defends against osteoporosis
- Decreases the risk of serious injury from falls



Claim tickets to see the Indiana Hoosiers take on the Illinois Fighting Illini at Assembly Hall on February 10, 2007

To be entered into the drawing to receive a pair of tickets to Hoosier basketball, simply [click this link](#) and forward an invitation to join the INShape Indiana 10 in 10 Challenge to a friend by **Friday, February 2, 2007.**



NOTE: The link above must be utilized in order to be entered into the drawing. Open to Indiana residents only.

Getting Geared Up for the Big Game?

If you are hosting a football party and don't want to sabotage your weight loss efforts, consider trying some heart healthy recipes from Joe Montana and BP Success Zone.

The following recipes can be found [HERE](#).

- The Catch-A-Tori Chicken
- Montana Magic Meatlof
- In-The-Pocket Pita Burgers
- Comeback Kid Coleslaw
- Quarterback Apple Crisp
- Touchdown Tortilla Chips with Salsa
- Kick-Off Chicken Kabobs
- Post Season Pizzas
- Half-Time Meatball Hoagie
- Overtime Oatmeal Cookies



Go Colts!

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